

# Training Diaries

## from

# KinEli Publishing

## Internal pages layout samples

Hi folks,

check out the pages in this pdf file to see how our diaries are laid out.

All the diaries have a similar (but they are different) set up based around the 52 pages of training weeks, preceded by extra pages for summaries, race results, goals etc.

On the first few pages of this file you can see how the initial pages of The Triathlon Dairy are set out. The weekly pages of all our diaries are shown.

To order click the buy now button on the page you came from or go to

<http://www.kinelipublishing.com/trainingdiaries.html>

Regards and best wishes

Ken Maclaren @ KinEli Publishing

### Weekly page layout samples

[The Triathlon Diary Weekly Page Layout](#)

[The Runner's Training Diary Weekly Page Layout](#)

[The Cyclists's Training Diary Weekly Page Layout](#)

[The Duathlon Training Diary Weekly Page Layout](#)

[The Fitness and Exercise Diary Weekly Page Layout](#)

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[The Rower's Training Diary Weekly Page Layout](#)

[The Waka Ama Training Diary Weekly Page Layout](#)

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Hello,

Whatever sport you are involved in, a training diary can be one of your most valuable training tools. In purchasing this diary you are on your way to being able to keep an accurate record of the training and racing that you do.

However there is one catch, you have to fill it in. So get into the habit of doing just that, then this diary will really be of use!

The diaries start off with a first page like this.  
Remember the diaries are A5 in size so each sheet  
in this document represents two pages of the diary.

**best wishes, enjoy your sport,**

**Ken Maclaren**

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**Ken Maclaren, *KinEli* PUBLISHING**

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Designed and produced by:

***KinEli* PUBLISHING**

Your Goals		
Goal	Target Date	Date Achieved

Race Results and Comments		
Date	Event / Distance	Result

**Race Results and Comments**

Date	Event / Distance	Result

Swim

Bike

Run

General

Date	Event / Distance	Result

Swim

Bike

Run

General

Swim

Bike

Date	Event / Distance	Result

Bike

Run

General

Date	Event / Distance	Result

Swim

Bike

Run

General

**The Triathlon Training Diary Sample**  
 Before the weekly diary pages there are several pages of space for summaries race results etc.

## Weekly Training Charts

Wk No.& Date	Swim	Bike	Run	Others (weights etc.)	Total
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
21					
22					
23					
24					
25					

Wk No.& Date	Swim	Bike	Run	Others (weights etc.)	Total
26					
27					
28					
29					
30					
31					
32					
33					
34					
35					
36					
37					
38					
39					
40					
41					
42					
43					
44					
45					
46					
47					
48					
49					
50					
51					
52					

**The Triathlon Training Diary Sample**  
 Before the weekly diary pages there are several pages of  
 space for summaries, race results etc.

Week Beginning:		Week Number:	
Date Morning Heart Rate Weight	Training		
Mon			
Tues			
Wed			
Thurs			

Date Morning Heart Rate Weight	Training				
Fri					
Sun					
Summary for week					
Totals					
	Swim	Bike	Run	Gym / strength work etc	Total
Total time or distance					

**The Triathlon Training Diary Sample**

This is how the weekly pages of The Triathlon Training Diary look. The week by week pages of the other diaries are shown on the following pages.

Week Beginning:		Week Number:	
Date Morning Heart Rate Weight	Training		
Mon			
Tues			
Wed			
Thurs			

**The Runner's Training Diary Sample**  
 This is how the weekly pages of The Runner's Training Diary look. The week by week pages of the other diaries are shown on the following pages.

Date Morning Heart Rate Weight	Training			
Fri				
Sun				
Summary for week				
Totals				
	Running	Gym / strength work etc	Other	Other
Total time or distance			_____	_____

Training Phase		Week Number	
Date Morning Heart Rate	Planned Training	Time of Day	Actual Training
Mon			
Tues			
Wed			
Thurs			

**The Cyclist's Training Diary Sample**  
 This is how the weekly pages of The Cyclist's Training Diary look. The week by week pages of the other diaries are shown on the following pages.

Date Morning Heart Rate	Planned Training	Time of Day	Actual Training	
Fri				
General Comments For Week				
Summary				
Road bike	Mountain bike	Windtrainer	Other	Total

TRAINING PHASE:			
WEEK BEGINNING:		WEEK NUMBER:	
DATE, MORNING HEART RATE, WEIGHT,	PLANNED TRAINING	TIME OF DAY	ACTUAL TRAINING
MON			
TUES			
WED			
THURS			
FRI			

DATE, MORNING HEART RATE, WEIGHT,	PLANNED TRAINING	TIME OF DAY	ACTUAL TRAINING				
SAT							
			POINTS FOR WEEK				
www.kineli.co.nz							
SUMMARY							
EVENT	TOTAL TIME OR DISTANCE	1	TIME 2	OR 3	DISTANCE 4	AND 5	LEVELS 6
ROAD BIKING							
RUNNING							
MOUNTAIN BIKING							
OTHERS (weights etc.)				<b>Total</b>	<b>Training</b>	<b>Time</b>	

**The Duathlon Training Diary Sample**  
 This is how the weekly pages of The Duathlon Training Dairy look. The week by week pages of the other diaries are shown on the following pages.



Week Beginning:		Week Number:
Day and Date	Planned Exercise	Actual Exercise
Mon		
Tues		
Wed		
Thurs		

**The Fitness and Exercise Training Diary Sample**  
 This is how the weekly pages of The Fitness and Exercise Training Diary look. The week by week pages of the other diaries are shown on the following pages.

Day and Date	Planned Exercise	Actual Exercise	
Fri			
General Comments			
Weekly Totals			
Activity	Total Time	Activity	Total Time
Body Weight		Resting Heart Rate	

Week Beginning:		Week Number:	
Date	Training		
Mon			
Tues			
Wed			
Thurs			
Fri			

Date	Training					
Sat						
<p><b><u>The Multisport Training Diary Sample</u></b>          This is how the weekly pages of The Multisport Training Diary look. The week by week pages of the other diaries are shown on the following pages.</p>						
	Activity	Total Time	Total Distance	Activity	Total Time	Total Distance
			<b>Total Training Time</b>			

Week Number	Week Beginning
Day & Date	Training
Mon	
Tues	
Wed	
Thurs	
Fri	

Day & Date	Training								
Fri									
Summary									
		Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Totals
Morning Heart Rate									
Row	Time								
	Distance								
Erg	Time								
	Distance								
Other	Time								
	Distance								
Other									

**The Rower's Training Diary Sample**  
 This is how the weekly pages of The Rower's Training Diary look. The week by week pages of the other diaries are shown on the other pages.

Week Number:		Week Beginning:	
Date & Morning Heart Rate	Training		
Mon			
Tues			
Wed			
Thurs			

Date & Morning Heart Rate	Training		
Fri			
Sat			
General Comments for week			
Weekly totals			
Activity	Total Time	Activity	Total Time
V1			
V6			
		<b>Total Weekly Training Time</b>	
		My weight	

**The Waka Ama Training Diary Sample**  
 This is how the weekly pages of The Waka Ama Training Diary look. The week by week pages of the other diaries are shown on the other pages.

Week Beginning:		Week Number:	
Day+Date	Training		
Mon			
Tues			
Wed			
Thurs			

Day+Date	Training		
Fri			
Sat			
<b>Summary</b>			
Activity	Swimming	Gym / strength / core etc	Other
Total time and or distance			

**The Swimmer's Training Diary Sample**  
 This is how the weekly pages of The Swimmer's Training Diary look. The week by week pages of the other diaries are shown on the other pages.